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Edible Flowers As A Garnish In Food Serving: Knowledge and Cognition of Students of STP AMPTA Yogyakarta Hotel Management Study Program as Research Approach

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Abstract. The objectives of this study are: first, to identify the types of edible flowers which can be used in plating; second, to recognize the knowledge and cognition of the Hotel Management students at STP AMPTA Yogyakarta on the usage of edible plant garnishes for plating. This research is conducted in a qualitative descriptive statistical method. The population and the sample of this research are 30 students of STP AMPTA Yogyakarta majoring in Hotel Management. The sample was collected using a purposive sampling method with the criteria of STP AMPTA students in Hotel Management study program who were taking food processing practice 2 course or students who were in 3rd semester in 2022/2023 academic year, with the total of the respondent of 30 students. The methods of data collecting included in-depth interview, observation, documentation, and literature review. The in-depth interview was conducted with the lecturers (chef) in food processing practice class at STP AMPTA in regard to the types of edible flower used for garnishes. The method used in analysing the data is by describing or presenting the data that had been collected without intending to draw a conclusion that is generally applicable. The data collected is the students' knowledge and cognition of edible flowers. The result of the study found that the types of edible plant garnishes used in STP AMPTA Yogyakarta are edible leaf (red sorel, nasturtium, pea tendrill) and edible flower (viola and pansy). Beside that, the knowledge and cognition indicator revealed the average of variative responses from positive to negative. The average positive responses indicated that they acknowledge the types of edible garnish plants and are confident in putting edible plant garnishes in their plating. Meanwhile, the average of negative responses implicated the students' lack of information and understanding of flavour and texture of edible plant garnishes they used.

Keywords. Cognition, Edible Flower, Garnish, Plating, Knowledge.

4. The first section in your paper

The appealing look of cuisine has become a selling point for some people, since today culinary experience is not just a matter of taste but also an instagrammable visual that invites people to post on their social media. To present a pleasant looking dish, culinary practitioners must pay attention to the elements that are served on the plates.

According to [1], garnish is defined as a decoration which is visually enjoyable because it has aesthetic quality and appealing features. One of the ways to enhance the appearance of food is by adding garnish or decoration. [2] stated that garnish is a food embellishment. Embellishment in this term is anything edible that is created in a certain shape to enhance the visual presentation and to make the food look appetising. The skill in crafting garnish is not only possessed by those who have artistry talent. Anyone is able to make garnish, it only takes patience, perseverance, confidence, and willingness to always give it a try. [3] mentioned that ornamental plants, aside from their decorative function, some of their kinds are also edible. Ornamental plants which are food grade are often known as edible flowers.

One of the most commonly used garnish is edible flowers. Borrowing from [4] edible flower is a term to define flowers that are consumable. In other words, the flowers are not only eye-pleasing for decoration but also be processed or directly consumed. Meanwhile, [5] defined edible flowers as a group of ornamental plants in which the body is consumable, especially the flowers and leaves part. Beside their visual purpose, some varieties of decorative plants are safe for consumption. A group of ornamental plants that can be eaten are often mentioned as edible flowers. The unique texture, flavour, and scent make the flowers grow their popularity as creative and innovative ingredients in the culinary world [6]. Marigold, dianthus, chrysanthemum, zucchini flower, nasturtium, pansy, rose, sunflower, lavender, and viola are ornamental plants that are edible. However, not all of the ornamental plants are edible or qualified to be consumed. There are standards that a plant must meet including its free contamination from pesticide and its cultivation procedure. Edible flowers can be processed into consumable and non-consumable goods.

The utilisation of edible flowers as garnish on top of the servings is undoubtedly reliable, especially when their shape and colour contrast the food. Edible flowers function to add attraction and elegance to food presentation that many people in the culinary sector use, unexceptionally, students who have cooking practice courses. They use the garnish to be put on top of their servings.

From the initial observation conducted by the researcher by handing questionnaire forms to 30 respondents at AMPTA Tourism School, Hotel Management Study, obtained approximately 40% of respondents do not acknowledge the name of edible flowers they use, and 60% students know the taste of edible flowers they use. Align to the findings of [7] that mentioned a large number of people acknowledge edible flowers, but most of them have inadequate information or understanding of edible flowers. Thus, the researcher considers the need for further study on this topic. This research is expected to be able to raise the awareness and knowledge of students on edible flowers when they plan to use edible flowers so they know what they put on their dishes.

5. Literature Review

Edible Flower

Edible flowers have become an integral part of human nutrition since in the past [8]. The usage of edible flowers in the culinary sector has been long practised. Beside adding aesthetic value to the dish, the use of edible flowers can add distinct flavour [9]. Cited from [10], lately edible flowers have become a trend that adorns the various culinary trends in Indonesia. Today, flowers do not only become home decoration or display. People have been acquainted with the variety of edible flowers. Other than becoming a mere embellishment, the edible flowers enrich the flavours of the dish. Not all the flowers are categorised as edible. Only some kind of flowers that are edible and safe for consumption. Those flowers are, rose, hibiscus, dandelion, lavender,

butterfly pea, rosemary, jasmine, combrang, vegetable hummingbird, rosella, marigold, and lilly [3].


According to [6] Edible flowers are ornamental plants which can be consumed. The unique texture, flavour, and scent make the flowers grow their popularity as creative and innovative ingredients in the culinary world. Edible flowers are non-poisonous flowers that can be directly consumed or (in fresh condition) or be processed beforehand. Edible flowers are usually consumed just as vegetables or extracted to get the beneficial nutrient for health (herbal remedies) due to their antioxidant [11]. Antioxidant is a substance or compound that plays a role in fighting free radicals by donating an electron, and even after losing its electron, it does not necessarily become free radical [12]. Edible flowers that contain antioxidants are butterfly pea, [13], vegetable hummingbird [14], *kecombarang* flower [15] jasmine and rosella [16]. Edible flowers that used to function only as garnish today are actually consumable. Hotel, restaurant, and cake shops and pastry owners started to choose edible flowers to put in their ingredients. Aside from adding aesthetic value, flowers can emit unique flavours in the dish.





Flower consumption is surprisingly not a new thing. The ancient Greeks, Romans, and Chinese had been using flowers as decoration, medicine, and foodstuff. Edible flowers are processed into salad, syrup, jelly, sauce, vinegar, and confectionery. Edible flowers can also be added to beverages to add flavours and aroma. According to [17] butterfly pea flowers can be utilised as local natural dye and can be added into various food production such as beverages, ice cream, syrup, bread, and biscuit considering its natural antioxidant content.



Variety of Edible Flowers

There are many edible flowers, and some are safe to be consumed or used as garnish [18]. However, the accurate identification of the plant is crucial since there are many poisonous flowers and are dangerous to consume. Many plants have the similar common name that causes confusion. Therefore, the scientific name of edible flowers is necessary when choosing edible flowers for garnish. Below are types of edible flowers that are safe for garnishing:

Table 2.1 Types of Edible Flowers

Edible Flower	Description	Picture
Geranium (geranium pelargonium)	Geranium is varied in colours, they can be pink, peach, and red. Geranium is best paired with sweet food such as sorbet, ice cream, and other desserts. It has a mild and a wide range of flavour and scent. The stem is not for consumption, meaning that the only edible part is the flower.	 <p>Source: https://www.almanac.com/planet/geraniums, 2023</p>

Edible Flower	Description	Picture
<p>Borage (<i>Borago officinalis</i>)</p>	<p>This flower has a mix of mint and cucumber flavour. It is sometimes also called a star flower due to its shape that resembles a star. However, the taste is slightly different from Egyptian star flower which tends to be more grassy. Borage is more suitable for savoury cuisines, especially seafood. It comes in two colours: blue and pink.</p>	 <p>Source: https://thisnzlife.co.nz/why-borage-is-the-star-of-the-edible-garden/, 2023</p>
<p>Nasturtium (<i>Tropaeolum majus</i>)</p>	<p>This flower has a unique shape of leaf which is round. Beside its flower, the leaf is also edible since it has the same flavour as its flower. It has a hint of spicy flavours like pepper. This flower is often used for garnish, or stir fried, cooked with pasta, or filled with cheese and herbs to be baked. Some chefs also put it in the salad oil to make nasturtium infused oil. This flower also can be made into pesto</p>	 <p>Source: https://www.farmersstop.com/products/jewel-of-africa-nasturtium, 2023</p>
<p>Pansy (<i>Viola × wittrockiana</i>)</p>	<p>Pansy is one of the edible flowers that is frequently used. It comes in a wide range of colours and is very bright that makes them very suitable for garnish. This flower has a very mild or sweet flavour, thus, many people use them either for savoury or sweet flavour.</p>	 <p>Source: https://www.britannica.com/plant/pansy-plant, 2023</p>
<p>Dianthus (<i>Dianthus barbatus</i>)</p>	<p>This flower has a little bit of a sharp flavour compared to other edible flowers due to its spicy flavour. Overall, its taste and scent resembles cloves. This flower is typically used for savoury cuisine like seafood or fritter.</p>	 <p>Source: https://www.nature-and-garden.com/gardening/dianthus.html, 2023</p>

Edible Flower	Description	Picture
<p>Butterfly Blue Pea (Bunga Telang)</p>	<p>Butterfly pea flowers originated in Asia. Butterfly pea is rich in anthocyanin, an antioxidant compound which colours the flower blue. This blue coloured flower is used as natural dye for food and drinks. It can also be steeped as herbal tea and often combined with other ingredients such as lemongrass, honey, and lemon.</p>	 <p>Source: https://jempolindo.id/manfaat-bunga-telang-untuk-kesehatan/, 2023</p>
<p><i>Chamomile</i></p>	<p>This flower has a slightly sweet taste and aromatic. Aside from being used in tea, chamomile also can be made into syrup or be added to dishes or dessert. Chamomile is believed to have an anti-inflammation factor and has been used in natural remedies as stress relief and improving sleep quality.</p>	 <p>Source: https://bp-guide.id/AX1fcT3y, 2023</p>

Garnish

The term garnish comes from French which means food decoration. Garnish in a cuisine functions to give an appealing touch and beauty into the dish [19]. According to Morris [20] a garnish is “a) To furnish with beautifying details; embellish. b) To provide (food) with a garnish”. Meanwhile, according to [21] explained that garnish is an embellishment that is used to top beverages and dishes which is commonly edible and is created in certain shape to enhance the appearance of cuisines, as well as to stimulate someone’s appetite.

From two definitions of garnish above, it can be concluded that garnish is a decoration that can be used for decorating food and drinks which are commonly edible and is created in a certain shape to enhance the appearance of cuisines, as well as to stimulate someone’s appetite. As a food decoration, therefore, garnish has certain conditions that must be met [22]. The conditions given are:

1. The ingredients must be fresh, safe for consumption, free from any larvae, and clean;
2. Before putting a kind of garnish, the cooks must acknowledge the type of dish they cook. Therefore, the garnish will be suitable for the food ingredients;
3. A garnish must be bold and appealing;
4. The tools used must suit the type of ingredients to make a good, neat, beautiful, and appealing result;
5. The size of garnish and the dish must balance in proportion and must be placed correctly;
6. It is necessary for the dish to have an interesting look and better texture;
7. The existence of garnish must be able to give colour variation to the dull-coloured dish;

The Function of Garnish

According to [23] garnish has some function, there are:

1. To give eye-catching colour to the dish. The colour is added to the food which naturally has pale colour. For instance, white soup, or fish-based food that is white, will be more appealing if it is topped with truffle (black truffle), diced tomatoes, or chopped parsley.
2. To make food look appealing with better texture. Many combinations of ingredients with many colours in the dish usually makes the appearance too overwhelming. Here, adding garnish such as tomato or lime slices will help to harmonise it.
3. To give additional flavour and tasty aroma. Sometimes, the flavour and aroma of a garnish are adjusted to harmonise with the dish but it can also be adjusted to contrast the taste of the dish. As an example, cream of asparagus soup is garnished with tiny sprinkles of asparagus, the plain steak also sprinkled with black pepper, and the list goes on. Choosing the shape, colour, and texture of a garnish must be adjusted to the food condition. In an example, a high temperature dish must be garnished with simple topping so as not to be seen touched by hand. Meanwhile, a cold dish can be given a considerable amount of garnish. However, it is important to note that too much garnish can make the presentation less appealing and ruin the plating. Hence, the essence is to enhance the visual and taste of the food.

[24] stated that the functions of garnish on the plating are: a) enhancing aesthetic value of the cuisine, (b) stimulating appetite, (c) improving sales value of the food. Therefore, garnish is a centrepiece or the focus of a dish which contributes in determining the price of the menu itself. The prettier the dish looks, the higher the selling value of the dish.

Food Plating

Food Plating is the process of arranging and decorating food onto a plate to complement its presentation. Improving the presentation of a dish can add value to the consumer's experience when eating it. Plating is not only able to add the aesthetic value of food, but can also stimulate consumers' appetites to eat the food served [25].

Meanwhile, [26] explained that food plating or food presentation is a method to serve food to individuals or guests to be enjoyed in a whole. It comprises arranged and appropriated composition by matching the colour and ensembling it impressively to improve appetite. [27] mentioned that there are few basic technique in food plating that must be acknowledged:

1. Classical plating. The primary step of food plating contains the main dish, vegetables, and starch such as french fries, mashed potato and so on.
2. Saucing. Saucing is a process of adding sauce (puree) that is arranged as the ornament in terms of shape and colour.
3. Garnishing. Garnishing is a technique of putting decorations made of edible material which complement the main dish and improve one's appetite.

[28] mentioned two techniques of food plating, as follows:

1. Traditional Indonesian Food Plating (*lesehan*). *Lesehan* is a culture in regards to serving food on floor or carpet seating. The dinner set that is usually used in *lesehan* consists of main plates, small bowls for washing hands, cups for drinking, and plates for serving the dishes.
2. Modern Indonesian Food Plating. This plating is divided into two styles. The first one is self-service or buffet, a serving style by parallelly placing the complete variation of menu on a big table. The second method is *rijsttafel*, a serving method inspired from ancient Indonesian royal food serving. It is done by placing all the courses on the table.

According to [29] Plating has six Finer Points, they are: Emphasis, the main dish of the course must take the widest area on the plate and need to be eye-catching; Contrast, the food must be placed side by side with other food that is contrast in colour and shape to enhance the

visual appearance; Texture, the texture of a dish must be visible in the dish component on the plate; Balance, the plates arrangement in a whole must be set in balance so as not to seem inharmonious or too much in certain area; Colour, the plating must have colour combination that complement each other or just focus on one vocal point; and Simplicity, it refers to filling the gaps with some necessary elements so the menu is complete

The Concept of Knowledge

According to Mubarak [30], knowledge is everything that is acknowledged through human's experience themselves and will increase along with the experience they have. Knowledge is a knowing result acquired after the process of sensing an object (smelling, hearing, seeing, feeling, and touching), but most of knowledge is gained from hearing and seeing. (Notoatmodjo in [31]).

The Concept of Cognition

Cognition, according to [32] is someone's ability to understand or to comprehend something and then recognize and memorise it. On the other hand, [33] defined cognition as the ability to link or associate information that has been learnt or kept to become a whole unison in the human brain.

3. Research Methodology

The researcher employed a qualitative descriptive statistical method. This study generally observes and records so as to earn information. This study coined Students' Responses toward Edible Flowers as Garnish in the Food Serving took a place at AMPTA Yogyakarta Tourism School (Sekolah Tinggi Pariwisata AMPTA Yogyakarta). This location is chosen due to some reasons, there are 1) STP AMPTA is one of colleges which have culinary courses, 2) STP AMPTA uses edible flowers in the culinary practice. This study focused on the knowledge and cognition of students at STP AMPTA Yogyakarta as well as the implementation of a plating method using edible flowers. The research plan would be executed during October 2023. The population of this study is students at STP AMPTA Yogyakarta majoring in Hotel Management in the 3rd semester, academic year of 2022/2023. The sample collection method in this study is purposive sampling.

The researcher selected 30 informants who are perceived to acknowledge the information and deeply understand the matter as well as be trustworthy to become a valid resource person. The data collection is conducted using triangulation techniques which are observation, documentation, and interview. The primary data is collected using questionnaires with the objectives to coin information from the respondents by directly inquiring them with a list of questions/statements. The reason behind choosing this method is to allow the respondents to carefully look over the questions and determine the answers. It is also to allow the researcher to control the given questions. The responds are given by ticking (✓) on the rating scale (1-5) in accordance to the real condition of the respondents. Likert scale is employed to measure behaviour, opinion, and perception of individuals or groups regarding a social phenomenon. Questionnaires in this research are handed out using likert scale [34].

The validity of the test on questionnaire analysis is carried out by reviewing the variation of answers collected from each respondent. The higher the variation of answers given by the respondents, the higher the validity of the data obtained from the respondents. On the contrary, the lower the variation of the answer, the lower the validity of the data acquired. The high and low variation of the answers is determined from whether rating is high or low chosen in each question. To illustrate, if a respondent chooses value 4 on all of the questions, then, the result

is counted invalid to be used as research data. In this case, the researcher must replace the invalid data with the new one (re-handing out the questionnaire), to support the high validity of the data, which in the end guarantees the high quality of the research finding. After the researcher obtained the average of the result, the researcher will categorise the result into the interval value criteria and respondents' answer category. The students' responses can be identified from the assessment given by the students on the cognition and acknowledgement of the plating method implementation using edible flowers in the questionnaire. This aims to simplify and understand the content of this research. In obtaining average assessment criteria, the respondents' answers were input based on the interval class. To determine the interval class, the following formula is used:

$$\text{Interval Value} = \frac{\text{Highest Value} - \text{Lowest Value}}{\text{Number of Class}}$$

where the highest score of respondents' response is 5, the lowest score is 1, the number of classes is 5. The respondent's response interval for the plating method using *edible flower with a class interval of 0.8* is as follows:

Table 3.1 Interval Value and Categories of Responses

Interval Value	Category
1,00 – 1,79	Very Low/Very Bad/Strongly Disagree
1,80 – 2,59	Low/Bad/Disagree
2,60 – 3,39	Fairly High/Sufficient/Fairly Agree
3,40 – 4,19	High/Good/Agree
4,20 – 5,00	Very High/Very Good/Strongly Agree

Source: Primary Data, 2023

Analytical method used in this study is descriptive statistics, where the researcher analyses the data by describing or illustrating the data that has been collected without drawing a conclusion that is generally applicable [34]. The data is students' knowledge and understanding of edible flowers, collected from 30 respondents. This research analyses the data by discussing the conclusions drawn based on students' answers and the results of interviews with culinary lecturers.

3. Result and Discussion

AMPTA Yogyakarta Tourism School

AMPTA Tourism Institute Yogyakarta was established in 1987 and firm up by Soesilo Soedarman in 1990 who were the Minister of Tourism, Post and Telecommunications of the Republic of Indonesia. With the support of public trust and the growing industry, AMPTA developed and advanced in professional higher education in tourism. During that time, AMPTA Tourism School stood in the form of an Academy, with its name Akademi Pariwisata Ambarrukmo Palace (Ambarrukmo Palace Tourism Academy).

Ambarrukmo Palace refers to *Keraton Ambarrukmo*, a cultural heritage, tourism asset, and royal settlement since the reign of Sri Sultan Hamengkubuwono VII. Beside that, the name was chosen because the pioneers of AMPTA were senior members of the Ambarrukmo Palace Hotel who had an interest in professional tourism education, where AMPTA at that time was located in the Ambarrukmo Palace Hotel area. Starting from 1992 until now, AMPTA has occupied its own building with an area of around 1.25 hectares to the north of the Ambarrukmo hotel with facilities and is designed as a complete campus to support learning activities.



Picture 4.1 STP AMPTA Yogyakarta Building
Source: Field Observation, 2023

Finding and Discussion

Types of Edible Flowers Used at STP AMPTA Yogyakarta

According to [35] Edible flowers are ornamental plants that can be consumed. Their unique texture, taste and aroma make these edible flowers increasingly popular as a creative and innovative ingredient in the culinary world. Marigolds, dianthus, chrysanthemums, zucchini flowers, nasturtiums, pansies, roses, sunflowers, lavender and viola are among the ornamental plants that can be consumed. Not all flowers are able or suitable for consumption, but there are conditions that must be met. There are standards that a plant must meet including its free contamination from pesticide and its cultivation procedure. Edible flowers can be processed into consumable and non-consumable goods. These flowers that can be consumed are called edible flowers. [36], stated "Edible flowers are flowers which are safe for consumption but not to be the main dish." In Indonesia, the information on edible flowers is still very limited.

STP AMPTA Yogyakarta is one of the higher schools that has a hospitality study program. In this study program there are food processing practice courses, starting from Food Processing Practice I to Food Processing Practice III. In Food Processing Practice I at STP AMPTA, students make breakfast, soup and various sandwiches. As stated in the following source:

"In food processing courses for D III and D IV study programs in the second semester, we usually give the basics first, such as making various kinds of soup sandwiches and breakfast dishes such as processed eggs." (source: Chef Setyo, 2023)

From the explanation above, it can be understood that second semester students have received food processing practice, where food processing focuses on continental breakfast dishes, various soup preparations (creamy soup and watery soup) and various sandwich preparations. This menu is the basis for second semester students taking the Food Processing Practice I course .

Apart from processing food, second semester students who take Food Processing Practice One to Three are also instructed how to serve food on a plate, such as how to arrange eggs in any style or sandwiches to make them look appealing. The lecturers who teach Food Processing Practice One to Three have instructed how to serve food properly and correctly so that it looks more appealing and appears elegant, as stated by the following source:

"We always teach all students to always understand both theory and practice, such as basic kitchen preparation starting from pre-preparation - preparation - cooking - finishing. So, in finishing, we focus on plating so that the food looks more appealing, usually we use edible flowers as decoration" (source: Chef Setyo, 2023)

From the interview result above, it can be understood that the STP AMPTA Yogyakarta lecturer has taught all the students in Food Processing Practice One to Three how to make the served food appear more interesting using edible flowers as they mentioned that edible flowers are one of flowers which are safe for consumption and have appealing colours to be served as garnish or food decoration.

The STP AMPTA Yogyakarta lecturer explained that the use of edible flowers for garnish has been practised since 2020 during the Covid-19 pandemic. Chef Setyo as a lecturer in Food Processing Practices One to Three explained that the use of edible flowers which are often used at STP AMPTA Yogyakarta consists of edible leaves and also edible flowers which include: viola, pansies, pea tendrils, nasturtium, red sorel. As stated by the following source:

"For the use of garnishes in the practical food processing course one, there are 2 types of edible flowers that we use and 3 types of edible leaves, the edible flowers that we often use are viola and pansies, for edible leaves we usually use pea tendrils, nasturtium and red sorel" (source: Chef Setyo, 2023)

From the results of the interview above, it can be concluded that edible leaves and edible flowers have been used by STP AMPTA students to embellish the visual of dishes or to garnish. It is implemented by the lecturers who teach practical Food Processing Practice I to III courses at STP AMPTA Yogyakarta so that all STP AMPTA Yogyakarta students who take these courses are able to acknowledge and understand how to serve good and eye-catching food, by using edible flowers and edible leaves. The following is a picture of edible flowers and edible leaves used by STP AMPTA Yogyakarta.



Picture 4.11 Edible Leaf (Nasturtium)
Source: Primary Data, 2023



Picture 4.12 Edible Leaf (Red Sorel)
Source: Primary Data, 2023



Picture 4.13 Edible Leaf (Pea Tendrils)
Source: Primary Data, 2023



Picture 4.14 Edible Flower (Viola)
Source: Primary Data, 2023



Picture 4.5 Edible Flower (Pansy)
Source: Primary Data, 2023

Knowledge and Cognition of STP AMPTA Yogyakarta Students on the Use of Edible Flowers

The number of respondents analysed in this research is 30 people. Practically, data collection was carried out by distributing more than 30 questionnaires. This is based on the fact that quite a lot of questionnaires have incomplete responses. The sample was determined by first ensuring that the respondent is a student with the D IV Hotel Management study program in the second semester and also the fourth semester or even semester who was currently undergoing or carrying out a learning program for the Food Processing Practice II course.

Knowledge

According to Mubarak [30], knowledge is everything that is acknowledged through human's experience themselves and will increase along with the experience they have. Knowledge is a knowing result acquired after the process of sensing an object (smelling, hearing, seeing, feeling, and touching), but most of knowledge is gained from hearing and seeing. Notoatmodjo in [31] Therefore, knowledge is a basis for STP AMPTA Yogyakarta students in their study so that everything they learn will be applicable in real industry settings. This research has ten questions regarding the knowledge of STP AMPTA Yogyakarta students on the use of edible flowers in food serving during Food Processing Practice courses. The results of the questionnaire are presented by the researcher in the form of a table below:

Table 4.1 Recapitulation of Knowledge Questionnaire

Respondent	Questions on Knowledge									
	1	2	3	4	5	6	7	8	9	10
1	5	3	3	4	2	4	5	1	2	1
2	5	3	2	4	3	3	5	1	2	1
3	4	2	1	3	5	2	4	3	2	1
4	4	3	2	4	3	3	5	2	2	3
5	5	3	2	4	3	3	5	3	2	2
6	5	3	2	4	3	3	5	2	3	2
7	4	3	2	2	3	3	5	2	3	2
8	5	3	2	4	3	3	5	2	3	2
9	4	2	2	4	3	4	5	2	3	2
10	4	4	3	5	4	2	3	4	3	3
11	5	5	3	5	2	2	4	3	3	1
12	2	3	2	5	3	4	5	1	1	1
13	5	3	3	4	2	5	5	1	2	1
14	5	3	1	4	2	4	5	2	1	1
15	5	3	2	2	2	2	5	1	2	1
16	5	5	3	4	2	4	4	3	1	2
17	5	4	5	4	2	5	5	1	2	1
18	4	4	5	4	1	4	4	1	2	1
19	5	5	5	3	4	3	5	2	2	2
20	5	4	1	4	3	3	5	1	1	1
21	5	5	4	2	4	3	3	3	2	2
22	3	3	2	4	2	4	3	3	2	3
23	4	3	2	4	3	4	2	3	2	1
24	4	4	2	4	2	4	3	2	2	2
25	5	5	2	4	3	4	2	3	4	4
26	4	3	3	4	2	3	2	3	3	1
27	4	3	2	5	2	5	3	2	2	2
28	5	3	2	4	2	4	3	3	3	1
29	4	3	1	4	2	4	2	2	2	1
30	3	3	1	5	2	4	3	2	2	1

total	133	105	75	121	84	111	127	72	75	59
Average	4,43	3,5	2,5	4,0	2,8	3,7	4,2	2,4	2,5	1,9
Result	VG	G	B	G	S	G	VG	VG	VG	VG

Source: Primary Data, 2023

Based on the table above, AMPTA Yogyakarta Tourism School has conducted lectures in plating in its Food Processing Practice I, II, and III courses. The plating practised by the students of STP AMPTA Yogyakarta has followed the guidance and instruction from the lecturers (chefs) who were the instructors of the courses. The respondents' answer on the first question regarding their interest to use edible flowers as garnish in the food has an average score of 4,43 that can be considered as positive. Given the 4.43 score is a positive response, it can be concluded that students' interest in the edible flowers as garnish is very good/very high. This is because STP AMPTA Yogyakarta students appeared to be very enthusiastic about the Food Processing Practice II course. The edible flowers commonly used are pansy, viola, and daisy, while the edible leaves used are nasturtium, pea tendrils, and red sorel. The edible flowers and edible leaves used by the students of STP AMPTA Yogyakarta are quite appealing since they made the garnished dish more stunning.

The second question about the confidence in using edible flowers in the students of STP AMPTA Yogyakarta food plating received 5 students answer "strongly agree" on the score 5, 5 students ticked "agree" on the 4 score, eighteen students chose fairly agree which has 3 score, and as many as 2 respondents marks "disagree" represented with score 2. From the explanation above, the respondents' answers to question number two regarding self-confidence when using edible flowers in food plating have an average value of 3.5, where this value has a positive response. This positive response can be seen that the confidence in the use of edible flowers in food plating can be said to be "good". This is because the majority of students choose to use edible flowers in their food plating, but some students seem to prefer not to use edible flowers in their plating. This is possible because the type of edible flower used does not suit their reference.

The question number three on whether the students will test the taste of the edible flowers they will use as garnish first to get to know the flavour of edible flowers, has average value of 2.5 that is counted as less positive, which means students only put the garnish and assemble it on the plate often without tasting the edible flowers they use on their practice result. This is because the students only considered its aesthetic or beauty side without the curiosity on whether the flavour of the edible flowers will ruin the flavour of the dish.

From question number four, it can be acknowledged that the average of STP AMPTA Yogyakarta students do not know the flavour of the edible flowers they use in plating. This is due to the lack of STP AMPTA Yogyakarta students on the flavours of the edible flowers they will use. This is because STP AMPTA Yogyakarta students does not receive any lectures on Food and Beverages, where this course supposed to give students knowledge about edible flowers in terms of their taste, texture, and colours so the STP AMPTA Yogyakarta students understand and acknowledge the use of edible flowers in the practicum courses. In question number four, a value of 2.1 is obtained which is categorised into "bad".

Furthermore, question number five is to find out about the eagerness of students in finding out information about edible flowers that will be used as garnishes, the average value is on a scale of 5 as many as one respondent indicated "strongly agree", and a scale of 4 as many as three respondents stated "agree", then on a scale of 3 as many as eleven respondents stated "fairly agree", and on a scale of 2 as many as fifteen respondents stated "disagree".

The average value resulting from question number 3 is 2.8. Where this value has a "sufficient" response which has an average result of 2.8 in the interval class. This answer has a positive value where the average student of STP AMPTA Yogyakarta always finds out which edible flower they will use for plating. Considering the food processing practice course, the lecturers (chefs) provide limited material related to edible flowers because the practical time is only 100 minutes per face-to-face meeting.

On the sixth question, it is acknowledged that the students put edible flowers on their plating without knowing the name of the edible flowers. As many as 3 respondents stated "strongly agree" on the scale of 5, as many as thirteen respondents stated "agree" on the scale of 4, ten respondents stated "fairly agree" on the scale of 3, and four respondents stated "disagree" on the scale of 2. The average score has a value of 3.7 or "good" in the interval class. The average value has a positive response which means STP AMPTA Yogyakarta students do not only put edible flowers on their plating as a garnish, but some of them already know the name of the edible flowers they use before conducting food processing practice.

Then, the seventh question in the environmental indicator, whether the people surrounding the respondents use edible flowers as garnish in the practicum, is obtained fifteen students stated "strongly agree" on the scale of 5, on the scale of 4 is four students stated "agree", six respondents are "fairly agree" on the scale of 3, and four respondents chose "disagree" on scale 2. The average value from the respondents score is 4.2 or "very good" in the interval class. The response is positive because many STP AMPTA students join a student activity unit named culinary club from which they broaden their knowledge on edible flowers.

The eighth question on the students' experience receiving lesson on edible flowers during their study in the class is obtained one students "agree" on the scale of 4, ten respondents chose "fairly agree" on the scale 3, eleven respondents "disagree" on the scale 2, and seven respondents stated "strongly disagree" on the scale 1. The average value from the eighth question is 2.4, which means "bad" in the interval class. This is resulting from the lecturers' (chef) limitation in delivering the garnish topic, especially topic on edible flowers, hence, STP AMPTA students are only familiar with common garnishes from vegetables such as cucumber peel, carrot peel, and other vegetable-based garnish.

Next is the ninth question regarding information obtained by students of STP AMPTA Yogyakarta related to edible flowers. From this question, as many as seventeen respondents marked "disagree" on a scale of 2, as many as eight respondents marked "fairly agree" on a scale of 3, while one respondent marked "agree" on a scale of 4, and four respondents marked "strongly disagree" on a scale of 1. As conveyed in the previous data, students of STP AMPTA Yogyakarta up to this point only acquired information related to edible flowers from lecturers (chefs) who teach food processing practice courses. The information is only conveyed briefly without explaining the function and taste of each edible flower. The score on question number nine was obtained at 2.5 with the result of "bad". Therefore, it is expected that lecturers in Food and Beverage courses and Food Processing Practice courses can provide detailed information on edible flowers used in practicum, so that students of STP AMPTA Yogyakarta are able to access clear information regarding the use of edible flowers.

The last is question number ten related to knowledge of the taste of edible flowers, where scale 4 is marked by one respondent who stated "agree", while scale 3 is marked by three respondents who stated "fairly agree", scale 2 is marked by ten respondents stated "disagree", and sixteen respondents stated "strongly disagree". The resulting value score is 1.9 which is equivalent to "not good". The average respondent's answer has a negative response. The negative response existed because they did not know the taste of the edible flower they used

during the practice. This is because the lecturer in the Food Processing Practice course did not give instructions to taste or eat edible flowers with the dishes they made.

Cognition of STP AMPTA Yogyakarta Students on the Use of Edible Flowers

Cognition, according to [40] is someone’s ability to understand or to comprehend something and then recognize and memorise it. On the other hand, [41] defined cognition as the ability to link or associate information that has been learnt or kept to become a whole unison in the human brain. In the cognition indicator there are seven questions, where each question inquires the understanding of STP AMPTA Yogyakarta students regarding the garnishes they use for plating. The following is a table of questionnaire results recapitulation:

Table 4.2 Cognition Questionnaire Recapitulation

Respondent	Cognition Question						
	1	2	3	4	5	6	7
1	1	1	1	2	2	3	2
2	1	1	2	2	2	4	1
3	3	2	1	4	4	3	3
4	5	3	3	4	3	5	3
5	4	3	3	4	4	5	3
6	5	3	4	4	3	5	3
7	5	3	3	4	4	5	3
8	5	4	2	4	3	5	3
9	3	2	2	3	3	4	2
10	4	3	2	2	2	4	3
11	3	4	2	2	2	5	4
12	1	1	1	2	2	4	1
13	2	1	1	2	2	3	1
14	3	2	2	2	1	4	1
15	1	1	1	2	2	3	2
16	2	2	1	2	1	4	2
17	3	2	2	2	3	5	3
18	3	3	2	4	3	5	4
19	1	2	2	3	3	5	2
20	2	2	1	3	3	5	3
21	3	3	2	2	2	4	3
22	3	3	2	2	2	4	2
23	2	2	2	3	2	5	2
24	2	2	2	2	1	5	3
25	3	2	2	2	2	5	2
26	2	2	2	3	2	4	1
27	2	2	2	3	1	4	1
28	2	2	1	2	1	4	1
29	2	2	2	3	1	3	1
30	2	1	1	2	1	5	1
total	81	68	59	85	72	135	73
Average	2,7	2,3	1,9	2,8	2,4	4,5	2,4
Result	FG	B	B	FG	B	VG	B

Source: Primary Data, 2023

The table above depicts the respondents' answers about understanding the use of edible flowers as garnish with seven questions that respondents must fill in. Researchers distributed questionnaires to thirty respondents, with the aim of knowing the cognition of STP AMPTA

Yogyakarta students related to edible flowers they use when practising food processing. The respondents' answers are as follows:

First, question number one, the average respondent answered "strongly agree" as many as four respondents on a scale of 5, then as many as two respondents answered "agree" on a scale of 4, and on a scale of 3 as many as nine respondents stated "fairly agree", then, ten respondents stated "disagree" on a scale of 2 and the last as many as five respondents said "strongly disagree" on scale 1. From this data it can be understood that the average respondent's answer is that the students of STP AMPTA Yogyakarta can provide examples of edible flowers that match a food that has a value of 2.7 or "fairly good" on an interval scale.

From the data above, it can be understood that the cognition of STP AMPTA Yogyakarta students through their ability to provide examples of edible flowers that are suitable for food has quite positive value. This is because students of STP AMPTA Yogyakarta have become accustomed to using edible flowers as garnishes on their dishes since they took the food processing practice course in semester II. Apart from that, several students also took part in the culinary club student activity unit in the STP AMPTA Yogyakarta which is believed to have provided a lot of additional knowledge about edible flowers.

The second is about STP AMPTA Yogyakarta students who can give examples of how to use edible flowers properly and correctly. In question number two, the results obtained were two respondents stating "agree" on scale 4. Then eight respondents stated "fairly agree" on scale 3, then fourteen respondents stated "disagree" on scale 2 and six respondents said "strongly disagree". The average answer has a value of 2.3 with "bad" results in the interval class. Respondents' answers to the second item on average have a negative value, this is because during the class, especially in Food Processing Practice I and II, students always only watch the demonstrations carried out by the chefs or lecturers in these courses before they practise. This condition has resulted in the average student of STP AMPTA Yogyakarta not being able to set a good example in using edible flowers as a plating on their food.

The third question is to identify STP AMPTA Yogyakarta students' ability to classify edible flowers according to taste. It is revealed that one respondent answered "strongly agree" on a scale of 4, three respondents answered "fairly agree" on a scale of 3, seventeen respondents answered "disagree" scale of 2, and nine respondents answered "strongly disagree" on a scale of 1. The average score from the questionnaire for respondents' answers was 1.9 or "bad" in an interval scale. This reason is mostly because all STP AMPTA Yogyakarta students have never tried or tasted the edible flowers they use, causing them never knowing the taste of the edible flowers they use as garnishes.

Number four is a question/statement regarding the ability of STP AMPTA Yogyakarta students to classify edible flowers according to colour. The results from respondents showed that twenty-three respondents answered "agree" on a scale of 4, and as many as 7 respondents answered "fairly agree" on a scale of 3. The average score from the questionnaire was 3.7 or "good" in the interval class.

From the questions/statements above, it can be concluded that on average answers obtained are positive which means the students of STP AMPTA Yogyakarta were able to classify the edible flowers they used. It is known that the edible flowers used by STP AMPTA Yogyakarta have two variants, they are edible leaf and edible flower. Edible leaves tend to be green while edible flowers have various colours, including white, purple and yellow.

The fifth question is to identify STP AMPTA Yogyakarta students' ability to classify edible flowers according to texture, three respondents obtained an average score of "agree" on a scale of 4, eight respondents stated "fairly agree" on a scale of 3, twelve respondents stated "disagree" on scale 2, and as many as seven respondents stated "strongly disagree" on scale 1. This answer has an average value of 2.4 or "bad" on the interval scale.

The explanation above implies that the average respondent's answer is bad. This is because students of STP AMPTA Yogyakarta who take the food processing practice course have not been able to classify the texture of the edible flowers they use. This situation is caused by the lack of information from chefs or lecturers who teach practicum courses regarding the texture of the edible flowers they use. Apart from that, on average, students always throw away the edible flowers they use, therefore students never know the texture of the edible flowers.

The sixth question is given to students at STP AMPTA Yogyakarta in regard to their ability to compare flowers that are suitable for use and those which are not. Where the average answer was fourteen respondents stated "strongly agree" on a scale of 5, while eleven respondents stated "agree" on a scale of 4, as many as five respondents stated "fairly agree" on a scale of 3. These figures imply that the respondents' answers were "very good" with a value score of 4.5.

Based on the results of the elaboration above, it can be concluded that the average student of STP AMPTA Yogyakarta who takes food processing practice courses can compare flowers that are appropriate or inappropriate for use as plating. In this case, what is meant by an appropriate flower is an edible flower that still maintains its freshness (not wilted), while an inappropriate edible flower is one that is wilted or rotten.

Finally, the seventh question concerned STP AMPTA Yogyakarta students' ability to explain how to use edible flowers properly. On average, two respondents at STP AMPTA Yogyakarta answered "strongly agree" on a scale of 4, eleven respondents stated "fairly agree" on a scale of 3, eight respondents stated "disagree" on a scale of 2, and nine respondents stated "strongly disagree" on a scale of 1.

The explanation above signifies that the average respondent's answer has an average value of 2.4, which means "bad". This answer indicates that STP AMPTA students cannot explain how to use edible flowers well, this is because STP AMPTA Yogyakarta students think that the food processing practice course is an easy subject and consider food processing theory to be unessential, resulting in their lack of cognition about edible flowers.

4. Conclusion

Knowledge

In question number one, the average respondent's answer is positive with a result of 4.43 which means "very good". On question number two the answer has a value of 3.5, where the value has a positive response. Question number three has a score of 2.5, which is a less positive response. Question number four has a score of 2.1, the response has a negative value. On question number five where the value has a "fairly good" response which has an average result of 2.8 Then on question number six has a score of 3.7 or "good" On question number seven has a score of 4.2 or "very good". Furthermore, the eighth question has a value of 2.4 which means "bad". Then on question nine it was obtained 2.5 value with the result "bad". Finally, in question number ten, the value score is 1.9 and classified as "bad". The average respondent's answer has a negative response.

Cognition

Question number one has a value of 2.7 or "fairly good", which is quite positive. Then on question number two the average answer has a value of 2.3 with the result "bad", on question number three where the respondent's answer is 1.9 or "bad". Then on question four the resulting answer was 3.7 or "good". Furthermore, on the fifth question, the respondent's answer has an average value of 2.4 or "bad". In the sixth question, the respondent's answer was "very good" with a value score of 4.5. Finally, the seventh question, has a respondent's answer has an average value of 2.4 which means "bad", indicating that STP AMPTA students cannot explain how to use edible flowers properly.

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