



Edible Flowers



Before you eat...

Do your research! By research we mean:

1. **Know your flowers:** If in question, consult a trusted reference or specialist, as many flowers are poisonous.
2. **Know what parts of the flower are edible:** Some parts may be bitter or inedible.
3. **Know your pesticides:** Learn which ones can be used safely on edible crops and always wash before eating. Don't eat flowers that cannot be verified as pesticide free.
4. **Eat in moderation, gradually:** Try a small quantity and only one variety at a time to test for allergies or reactions. Don't overload your digestive system.



Edible flowers can be a great way to dress up otherwise ordinary dishes, but you should always serve safely!

Harvest & Cleaning Flowers

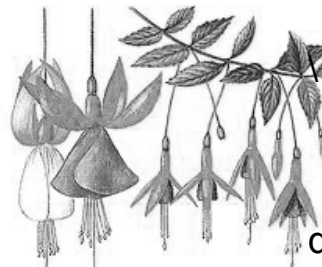
Harvest your flowers in the morning. Shake each flower to remove any hidden bugs or debris. Remove pistils, stamens and separate petals if necessary right before use. Wash under cool water, drain, and let dry on paper towels in a cool area.

Store flowers between moist paper towels in a plastic bag or container in the refrigerator. You can also store intact flowers in a vase or glass in the refrigerator. Storage time varies by flower.

If your flowers become limp, many can be perked back up by floating them in icy water for a few minutes.



Varieties



This list has been compiled from reputable sources. However, consuming flowers, plants, or derivatives listed is entirely at your own risk. Remember that there are many more edible flowers and plants out there, but always consult a reputable source before eating.

Flowers

Bee Balm/Monarda – Float in punch, garnish for salads, tea, sandwich spread.

Calendula – Peppery-colorful salad garnish, sprinkle on soups, pasta or rice dishes.

Carnations – Sweet, Candy, cake decoration, salads, vinegar or steeped in wine.

Citrus – Use highly scented, waxy petals sparingly. Citrus, lemon flavor.

Dianthus – Spicy clove taste.

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Rev. July 2011



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Flowers Continued...

Fuchsia – Blooms have a slightly acidic flavor, use as garnish. Berries edible as well.

Hibiscus – Cranberry-like flavor with citrus overtones.

Hollyhock – Very bland, good for garnish.

Lavender – Flavored sugar, beverages, desserts, garnish, dried stalks as vegetable skewers.

Marigolds – Strong, pungent flavor, use as garnish or in salads.

Nasturtium – Sweet, spicy flavor, use in salads or stuff.

Pineapple Guava/Feijoa – Sweet, tropical flavor.

Rose - Flavor depends on type, color and soil conditions. Sweet, with subtle undertones. Darker varieties have more flavor. Garnish for ice cream or deserts, or salads. Used in syrups, jellies, butters, and spreads. Remove bitter white portion of petals.

Snapdragon – Flavors vary-garnish.

Sunflower – Green buds are edible, petals nice for garnish, seeds when mature.

Tuberous Begonia – Blossoms have a citrus,-sour taste. Petals used in salads and as garnish.

Pansy – Candied, cake decoration, salads, desserts, soups.

Petunias – Garnish

Violet – Cake decoration, salads.

Herb Flowers

Arugula – Spicy salad garnish

Basil – Salads, pasta

Borage – Cucumber taste-garnish, candied, beverages, syrup, cold soups.

Chamomile – Sweet, apple-like flavor, tea.

Chives – Common or garlic. Use as a garnish, in salads, soups, flavored oils or vinegars.

Cilantro/Coriander – Sprinkle on salads, bean dishes, cold veggies.

Dill – Soups, dips, seafood, dressing.

Dandelion – Sweetest when young, have a sweet, honey-like flavor Mature flowers are bitter. Use petals over rice.

Fennel – Licorice taste-desserts, cold soups, garnish.

Lemon Balm – Lemony flavor.

Lemon Verbena – Tiny, cream-colored, citrus scented blossoms. Use in tea, use to flavor custards.

Marjoram – Mild marjoram taste.

Mint, Spearmint – Tea

Oregano – Mild oregano taste.

Rosemary – Meat, seafood, vegetables.

Sage – Meat, beans, add to stuffing.

Savory – Mild savory taste.

Thyme – Sprigs as garnish, flowers on soups.

Vegetable Flowers

Broccoli – Small yellow flowers in salads, stir fried.

Cauliflower – Mild cauliflower taste.

Onions – Garnish

Peas – Raw pea flavor DO NOT EAT ORNAMENTAL SWEET PEA FLOWERS!

Squash – Stuff and fry blossoms

Pumpkin – Stuff and fry blossoms

Scarlet Runner Bean - Salads.