Edible Flowers

A colorful addition to the dinner table, edible flowers are an excellent way to introduce children to gardening. This list is by no means exhaustive. However, this list pertains only to the flowers and no other parts of the plants. Never eat any flower you cannot identify with absolute certainty, nor any that have been treated with toxic chemicals.

Anise Hyssop, Agastache foeniculum Bachelor Button, Centaurea cyanus Bee Balm, Monarda Begonia, Begonia hybrid Clove Pink, Dianthus caryopyllus Chrysanthemum Citrus blossoms Clary Sage, Salvia sclarea Clover, Red, Trifolium pratense Daisy, English, Bellis perennis Day Lily, Hemerocallis fulva Elderberry, Sambucus canadensis Fuchsia, Fuchsia hybrid Geranium, scented, Pelargonium **Herbs** (all culinary flowers) Hibiscus, Hibiscus spp. Hollyhock, Alcea rosea

Jewelweed, *Impatiens carpense* Johnny Jump Up, Viola tricolor Marigold, Tagetes Meadowsweet, Filipendula ulmaria Mitsuba, Cryptotaenia japonica Nasturtum, Tropaelum Nootka Rose, Rosa nutkana **Pansy** Passion Flower, Passiflora spp. Pineapple Guava, Feijoa sellowiana **Prune**, Prunus domestica Rose, Rosa spp.

Sunflower

Tulip, Tulipa spp.

Vegetables (All except tomato, potato, eggplant, peppers and asparagus)

Viola, Viola cornuta Violet, Viola odorat



Hyssop, Hyssopus offinialus



