

Anise Hyssop, *Agastache* spp.

Licorice flavor, great for tea

Apple blossom, *Malus* spp.

Nice floral flavor

Bachelor Button, *Centaurea cyanus*

Colorful addition to salads

Bee Balm, *Bergamot*, *Monarda* spp.

Minty-basil flavor, great for tea

Begonia—tuberous, *Begonia* spp.

Tart flavor. Use only Tuberous Begonias

Calendula, *Calendula officinalis*

Sometimes used as a saffron substitute

Cherry blossom, *Prunus* spp.

Beautiful but astringent tasting

Chrysanthemum, *C.* spp.

Makes a slightly bitter tea

Citrus blossom *Citrus* spp.

Nice citrusy, floral flavor

Clover, red, *Trifolium praetense*

A nutritious addition to salads

Daylily, *Hemerocallis* spp.

Sweet, slightly earthy flavor

Dianthus (Pinks, Sweet William) *D.* spp.

Adds a wonderful spicy fragrance

English Daisy, *Bellis perennis*

Cute addition to salads

Elderberry, *Sambucus canadensis*

Eat only the flowers raw, berries must be cooked

Fuchsia, *Fuchsia* spp.

Exotic-looking flowers; berries are spicy

Geranium—scented, *Pelargonium* spp.

Available in a multitude of flavors and scents

Hibiscus (Rose of Sharon, Roselle) *H.*

spp., *H. sabdariffa*

Used to make tangy jamaica tea

Hollyhock, *Alcea rosea*

Lovely flowers in a range of colors

Honeysuckle, *Lonicera japonica*

Sweet. Eat only the “japonica” species

Jasmine, *Jasminum officinalis*

A nice addition to green tea

Lilac, *Syringa vulgaris*

Sweet, floral flavor

Marigold, *Tagetes* spp.

Slightly bitter; try ‘Gem’ or ‘Signet’

Meadowsweet, *Filipendula ulmaria*

Ancient herb with a sweet, nutty flavor

Mullein, *Verbascum* spp.

Makes a soothing tea

Nasturtium, *Trapaeolum majus*

Wonderful peppery flavor

Pansy, Viola, Violet, *Viola* spp.

Lovely addition to soups and salads

Passionflower, *Passiflora* spp.

Makes a relaxing tea

Pineapple Guava, *Feijoa sellowiana*

Delicious tropical flavor

Plum, prunes, *Prunus domestica*

Similar to Cherry blossoms

Redbud, *Cercis canadensis*, *C. siliquastrum*

Slightly tart vegetable flavor

Rose, *Rosa* spp.

The more fragrant the flower, the better

Snapdragon, *Antirrhinum majus*

Slightly bitter, nice garnish

Sweet Cicely, *Myrrhis odorata*

Sweet licorice flavor

Sweet Alyssum, *Lobularia maritima*

Clusters of honey-scented blooms

Tulip, *Tulipa* spp.

Caution: may cause allergic reaction

Yucca, *Yucca* spp.

Sweet, floral taste

Herbs: The flowers of all culinary herbs are edible, including borage, catnip, chamomile, fennel, hyssop, lavender, lemon balm, lemon verbena, mints, etc.

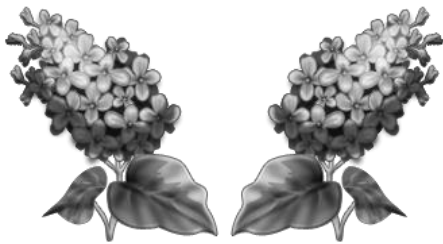
Vegetables: most veggie flowers are edible. Notable for flavor are flowers from squash, and those of the Brassica family (broccoli, cauliflower, kale, mustard greens, etc.)

Caution: Never eat the flowers from asparagus or those of the nightshade family, such as tomatoes, peppers, eggplant, tomatillos, and potatoes. While some plants on this list do have edible leaves, roots, or fruits, this list refers only to the flowers and no other part of the plant as being edible. **Never eat any flower you cannot identify with absolute certainty!**



BE AWARE

Never eat flowers that come from a florist or those that are purchased as cut flowers. They are likely to have been treated with chemicals unfit for consumption. Additionally, make sure to harvest from gardens that have not been treated with toxic herbicides, pesticides, or other chemicals.



Unless they are labeled as having been grown specifically for edible use, it's best to wait a few months after planting to eat flowers from starts bought at a retail nursery. Our plants come from a variety of vendors who use different treatments for growing their plants. Unless specifically labeled as such we cannot guarantee they are fit for consumption. **Questions?** Please ask at the Information Desk.



Begonias for breakfast? Daylilies at dinner? Snapdragons for a snack?

Edible flowers add color, elegance, and flavor to meals.

While some flowers, such as pansies and calendula, are better for garnish than for their flavors, some edible flower recipes stand on their own in a meal. Squash blossoms are delicious stuffed with cheese and sautéed, nasturtium, kale, and arugula flowers make a zesty salad blend, and candied borage or lilac flowers are a delightful treat. These are just a few ideas!

Expand your culinary and horticultural horizons, and add some edible flowers to your garden and to your next meal!

For more information and recipes, check out these resources:

The Edible Flower Garden by Rosalind Creasy
Herbs: The Complete Gardener's Guide

By Patrick Lima

The Bountiful Container by Rose Marie Nichols
McGee and Maggie Stuckey

Plants For a Future, pfaf.org

(Online database of edible and medicinal plants)

Edible Flowers

Colorful culinary
inspiration!



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