

**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 ulmeria*

*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*

**Tulip**, *Tulipa* spp.

*Use with caution; some people may have allergic reaction*

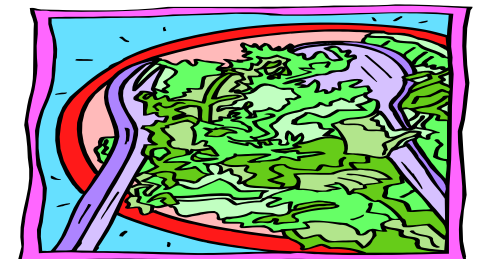
**Yucca**, *Yucca* spp.

*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 in 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!



Never eat flowers that come from a florist or those that are purchased as cut flowers. They are liable 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, and we cannot assure that they are all fit for consumption.

### **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

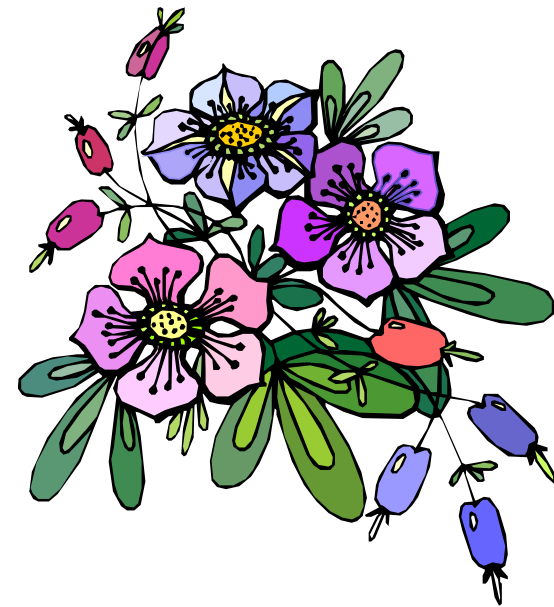
*The Bountiful Container* by Rose Marie Nichols McGee and Maggie Stuckey  
Plants For a Future, [pfaf.org](http://pfaf.org)

(Online database of edible and medicinal plants)

Compiled by Corina Reynolds

# Edible Flowers

Colorful culinary  
inspiration!



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